

Have you registered for your Health Check?

It is recommended that 715 Health Checks be undertaken every 10 months to assist with the early detection of Chronic Disease.

Nhulundu Health Service is currently contacting all clients whose health checks are outstanding. You will be contacted by mail or a telephone call and invited to come in to the service and complete your Health Check. Clients will initially see an Aboriginal Health Worker and then a Doctor. All eligible clients will be signed up for 'Close the Gap' which reduces the costs of medications. On completion of your health check, you will receive one of the following, either a promotional shirt (shown in picture), movie passes or Woolworths vouchers. For any clients wishing to book a Health Check please let reception know so an appropriate time can be arranged.

Left: Tyrell Hawkins and Cirayah Hawkins are very excited to show off the shirts they received for completing their 715 Health Check.



Aim for a healthy weight

Australia's Healthy Weight Week wants to help you get it right! Get your weight under control and when you achieve and maintain a healthy weight, you can be healthy and happy for life.

Here are Healthy Weight Week Tips to help you on your way!

- Eat your 2 fruits and 5 vegetables every day!
- Eat breakfast every morning!
- Choose reduced fat dairy foods
- Choose lean meat
- Drink plenty of water!
- Eat smaller serves

Healthy Weight Week runs from February 17 – 23.



NHULUNDU
HEALTH SERVICE



Above: Nhulundu Health Service's Indigenous Community Links Co-ordinator, Michelle Stout joined with Elders from across the region for a Christmas visit with inmates of the Capricornia Correctional Centre.

Capricornia Correctional Centre visit

Community Elders from across the region, including Gladstone, Mackay, Rockhampton and Woorabinda attended the 2013 Elders Christmas visit at the Capricornia Correctional Centre in December.

The day started at 10.00am with a morning tea and welcome by General Manager of the Centre, Paula May and Management Staff at X block prior to the Elders entering the Centre.

35 Elders made the trip to Rockhampton to visit with 120 inmates from Mainstream/

Protection and the Farm. The trip was part of the Elders Visitors Program for Aboriginal and Torres Strait Islander people held at the correctional centre.

The Elders arrived at the centre at 9.15 am and left the Farm at 1.30 pm after a morning spent yarnning and singing Christmas carols which were led by Mackay Elder Jeff Timor. Shannon Mann from JUWARKI KAPU-LUG provided entertainment on the day.

Nhulundu Health Service now has its own Youtube channel – check out our videos www.youtube.com/user/Nhulundu

Monday to Thursday 7.00am to 5.00pm | Friday 8.00am to 5.00pm



Find us on facebook

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The regional Tackling Tobacco and Healthy Lifestyle team facilitated school holidays activities in Gladstone once a week for four weeks over the Christmas break.

Three of the activities were conducted at the Aquatic Centre and the other at the Tondoon Botanic Gardens. The heat over the holidays made the activities at the pool very popular with all the participants enjoying the water. They also cooled off in the Gardens with water bombs and water guns.

The young people enjoyed some healthy lunches with Good Quick Tukka sessions providing, not only their food, but a lot of fun as well.

The sessions were well attended with between 10 and 15 participants aged from 3 to 17 in each session.



Australian themed day of activities

Thong throwing, egg and spoon races, burger munching and lamington delights were just part of the celebrations for the Aboriginal and Torres Strait Islander Home and Community Care Program on January 24.

Clients and staff were heard laughing from the one end of Nhulundu Health Service to the other as they took part in the Australia Day themed games.

It is wonderful to see, so many of the clients taking part in, not only craft activities, bus rides, shows and bingo, but also having a keen and positive attitude in getting physical when they are able.

The HACC group is open to all types of activities, and it is great to see them coming up with ideas and activities that both stimulate them physically and mentally.

The HACC group look forward to coming together each Tuesdays and Friday. This is an excellent way to catch up with friends, yarn with one another and generally have a great time.



The Healthy Lifestyle team have recommenced their programs for 2014.

Swim and Yarn is back again at the Gladstone Pool. This program runs each Wednesday from 9:30am to 10:30am and transport is available. Ladies if you would like to participate, enjoy some gentle exercise and good company while cooling off in the hot weather, please call Sharrna on 4979 0992.

Live Long, Live Strong is again underway. Facilitated by Sharrna and Michael, the program is for clients of any age and is designed to offer education and support to achieve a healthier lifestyle. The program includes 30 minutes of light exercise and a good Quick Tukka session.

It is a great way to get out of the house and catch up with others who have similar experiences and issues. Last year, the feedback was fantastic, with participants

sharing their stories of preparing and passing on Good Quick Tukka recipes.

This program runs each Thursday from 10am till 11:30 and participants can enjoy a variety of venues each week. Call us to participate.

The Murri Men's Group needs more members! If you are interested in fishing, golfing and other outdoor activities, this program might be just what you are looking for. The program is run by Michael Cook and will include tips on eating well, physical activities and promoting the 'no smokes' message. The group is open to Aboriginal and Torres Strait Islander men of any age.

If you would like to attend, please contact Michael.



Biloela School Holidays

The Regional Tackling Tobacco and Healthy Lifestyle team headed to Biloela during December to host some school holiday activities for the local youth.

Around 30 community members participated. The activities were held at the Panthers Football Club grounds. Those who attended played cricket, touch footy, soccer and softball. The adults who attended really enjoyed watching the young people playing sport and some even joined in the games when it wasn't too hot.

Every one enjoyed a healthy morning tea and lunch. A big thank you to the community for coming down and enjoying the day out!

Farewell to Daissy

Nhulundu Health Service recently bid farewell to Chronic Disease nurse, Daissy Blanco Cortes. Daissy has been at Nhulundu Health Service for the past year, working in the Primary Health Care Clinic.

She was farewelled with a staff luncheon, lovely flowers and a beautiful collage.

Daissy said she would miss both the staff and her clients. "It is so sad to leave my workmates and clients, but I will keep in mind all the good memories and good times at Nhulundu. I will miss my job and wish you all the best for the future," she said.

Daissy and husband Joe Del Rio will move to Sydney in the near future.

Right: Healthy Lifestyle Workers, Sharrna Parter and Michael Cook search out interesting information for their healthy lifestyle programs.



KEARNY PHOLI Medical Receptionist

Kearny has recently commenced employment at Nhulundu Health Service as a Medical Receptionist. She completed year 12 in 2012, last year studied at the Gladstone College of TAFE studying for a Certificate III in Business Administration. She also worked at Drakes IGA for two years while she completed her studies. In her free time, Kearny enjoys socialising and playing soccer for her local team, as well as catching up with family. She has a special interest in animals and would one day love to be involved in building a centre to help the sick animals in the poorer countries of the world.



SKYE MANTHEY Senior Registered Nurse

Skye is employed with the organisation as the Senior RN in the Primary Health Care Clinic. She has recently relocated to Gladstone from Toowoomba. She graduated from Charles Darwin University last year with a Bachelor of Nursing and had previously worked as an EEN for more than 5 years. Skye has spent the last 3 years as an Infectious Diseases Practice nurse, whilst also doing agency shifts at various hospitals and nursing homes in Toowoomba. Before that she was employed as a Clinical Co-ordinator/EEN at Cunnamulla Aboriginal Corporation for Health. Skye is passionate about disease prevention and education promotion. Through her work in hospitals, she brings experience in medical/surgical/orthopaedic nursing and extensive experience in wound management, along with some brief experiences with oncology and ICU nursing.



SIRAYAH BENJAMIN School Based Trainee

Sirayah is a student from Toolooa State High school and has joined Nhulundu Health Service in the Primary Health Care Clinic. Sirayah is currently undertaking a Certificate III in Aboriginal and Torres Strait Islander Primary Health Care. She has a special interest in Child Health.



...4 D's to beat the craving:

- DELAY** - Delay acting on the urge to smoke
- DRINK WATER** - Sip some water slowly, holding it in the mouth a little longer.
- DEEP BREATHS** - Take deep breaths in and out and repeat three times.
- DO SOMETHING ELSE** - To take your mind off, smoking do something else.

Talk to Tobacco Action Worker, Kirrie Machen if you need help to quit the smokes. Kirrie has some great fridge magnets that can help you remember the 4 D's to beat the cravings. Ask for help today – Do it for yourself, do it for your family.



Accessing services to assist you

Nhulundu Health Service delivers assistance to aged or clients with disabilities in the community to assist them to continue to live in their own homes.

Both our Aged Care Program and Aboriginal and Torres Strait Islander Home and Community Care Program, can offer assistance with the following tasks - domestic assistance, personal assistance, respite, social support, transport, day respite and yard maintenance.

These services can help you to continue to live safe and independent lives for as long as you are able, in the comfort of your own home. With a visit from Joanne Kersey, Aged Care Client Coordinator, to assess your needs and begin the process, you may be able to access and enjoy some of these services.

For further discussions on assistance for either yourself a family member, please contact Joanne on 49790992.



SERVICES AVAILABLE:

MEDICAL CENTRE

General Practice services, immunisation, maternal and child health, mental health support, diabetes support, men's health, women's health, chronic disease support, skin checks, Indigenous health incentives, smoking cessation and healthy lifestyle education.

Nhulundu Health Service is a bulk billing practice. Operating hours are Monday to Thursday 7.00am – 5.00pm and Friday 8.00am -5.00pm - appointments necessary.

This practice is AGPAL accredited for quality assurance and ISO 9001:2008 Management Systems Standards accredited.



INDIGENOUS COMMUNITY LINKS

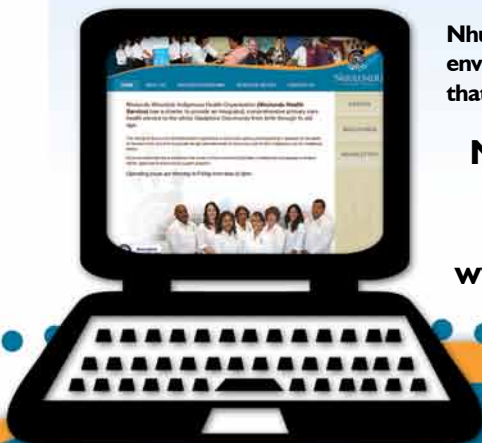
This service provides a culturally acceptable and readily accessible place for local Indigenous community members, and offers access and referrals to a range of mainstream and Indigenous specific services including health care, child care, court support, education, employment, housing and an internet café.

AGED CARE

Nhulundu Health Service offers a comprehensive community-based aged care program called Community Aged Care Package, designed to improve and maintain independent quality of life for the aged living in their home and residential environment. The Aged Care team also runs the Home and Community Care Program. All clients must have an aged care assessment before being accepted into any program.

Nhulundu Health Service offers a safe and non threatening medical environment where our patients feel cared for and valued in an environment that has a zero tolerance policy of aggressive and threatening behaviour.

Newsletters are now available online - visit our website www.nhulundu.com.au



An Australian Government Initiative



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